

assessment not to exceed a total of two dollars (\$2.00) per member for the year 1913, to be placed to the credit of the medical defense fund, if it shall become necessary. (Carried.)

6. That the assessment for the year 1914 be fixed at the sum of six dollars (\$6.00) per member. (Carried unanimously.)

7. That the Society be congratulated on the increasing prosperity and influence of the JOURNAL and that the attention of all members be again called to the fact that both scientific articles and editorials are alike welcomed by the editor and the publication committee, and that the county societies be requested to send as full accounts of their meetings as possible, since they can not be other than of great value as an incentive. (Carried.)

8. That the method of the Secretary in keeping and checking the financial accounts and all income and expenditure of the Society and the method of the Council in having all these accounts and records investigated annually by a firm of certified public accountants, be commended. (Carried.)

9. That as regards a special button, the committee feels strongly that inasmuch as the A. M. A. has a button and that all of our members could be A. M. A. members, there is no need for a separate button. (Carried.)

10. That as regards the annual certificate of membership, the reasons just given in regard to a button apply with equal force to a certificate and we make the same recommendation. (Carried.)

11. That the Program Committee be instructed to notify all essayists that not to exceed 10 lines will be given to each essayist for a brief abstract of his paper to appear in the official program and that every essayist be required to send to the Program Committee, in ample time, such an abstract. (Carried.)

12. That the resolution dispensing with the services of a stenographer to take down discussions at the annual meetings, be approved. (Carried.)

13. That the resolution asking county societies to make careful enquiry and consideration before electing to membership applicants doing lodge and contract practice for the reasons stated in the resolution, be endorsed. (Carried.)

14. That the resolution regarding the prevention of ophthalmia neonatorum be referred to the Council for consideration. (Carried.)

Respectfully submitted,

G. G. REINLE,  
RENE BINE,  
GEO. H. KRESS, Chairman.

H. Bert Ellis introduced the following amendment to the by-laws which, under the rules, had to lie over till the next session of the House of Delegates:

*Amend Section 4 of Article VI* of the by-laws to read as follows: "The selection of the place of meeting shall be determined by the Council and its announcement followed, by the election of officers, shall be the first order of business of the House of Delegates at the second evening session of each annual meeting."

A motion of thanks to the ladies and the physi-

cians of the Alameda County Medical Society and of the City of Oakland was then introduced, seconded by many delegates, and carried.

The President appointed C. G. Kenyon and H. Bert Ellis, two ex-presidents of the Society, to escort the newly elected President, Fitch C. E. Mattison, to the room. He was then presented to the House of Delegates and made a few appropriate remarks of thanks and appreciation.

The minutes of the second session were then read and approved as read (and as herein above printed) and there being no further business the House of Delegates adjourned without date.

PHILIP MILLS JONES, Secretary.

## REPORT OF THE CALIFORNIA STATE TUBERCULOSIS COMMISSION.\*

By GEORGE H. KRESS, M. D., Los Angeles, Chairman.

The California State Tuberculosis Commission come into being two years ago, as a result of the passage, by the 39th California State Legislature, of a bill appropriating the sum of five thousand dollars to be expended in carrying on an investigation concerning the prevalence, prevention and treatment of tuberculosis in California. The bill provided, furthermore, that this investigation should be conducted under the supervision of a state tuberculosis commission to be appointed by the California State Board of Health.

The Commission as thus appointed consisted of an executive committee of five members and an advisory board of fifty members. The full membership consisted of physicians, legislators, sociological experts and other laymen, who had had special opportunities or reasons for being interested in the solution of the tuberculosis problem of California. The above members all served without pay or salary. A secretary, Mr. Guy P. Jones, was employed to collect and analyze the morbidity and mortality statistics of the state.

To better attain the aims of the Commission the work of investigation was divided into ten separate divisions, each in charge of a sub-committee consisting of a chairman, who was a member of the executive committee, and of five members of the advisory board.

The fields of investigation were as follows:

1. Committee on Institutional Measures and Administrative Methods—Dr. C. C. Browning, Chairman.

2. Committee on Construction of Institutions—Dr. C. C. Browning, Chairman.

3. Committee on Schools and Health Administration—Miss Catherine Felton, Chairman.

4. Committee on Housing Conditions—Miss Catherine Felton, Chairman.

5. Committee on Sociologic and Economic Aspects—Dr. George H. Kress, Chairman.

6. Committee on Legal Procedure and Laws—Dr. George H. Kress, Chairman.

7. Committee on Scientific Problems—Dr. R. G. Broderick, Chairman.

8. Committee on Education—Dr. R. G. Broderick, Chairman.

\* Read before the Forty-third Annual Meeting of the Medical Society, State of California, Oakland, April, 1913.

9. Committee on Institutional and Commercial Problems—Mr. A. Bonnheim, Chairman.

10. Committee on Registration and Disinfection Measures—Mr. A. Bonnheim, Chairman.

Each of these ten committees brought in a report, which it is hoped will be published in full. A preliminary report covering some of the facts upon which the Executive Committee based its recommendations for new laws, as presented to the 40th Legislature now in session at Sacramento, appeared in the Bulletin of the California State Board of Health of January, 1913 (Vol. VIII, No. 7). Those who are interested in the subject can obtain a copy of this Bulletin, by writing to the Office of the State Board of Health at Sacramento.

It may not be out of place here, however, to enumerate the special bills prepared under the direction of the Commission and which are now before the present Legislature for consideration.

These are:

1. A Division of Tuberculosis under the State Board of Health, with an appropriation of twenty thousand dollars for the two years 1913, 1914.

[Senate Bill No. 980, introduced by Senator Mott, and the companion Assembly Bill No. 1234, introduced by Assemblyman Guill, provide for this.]

2. A Revolving Fund for use by the State Board of Health in providing immediate assistance to emergency or otherwise specially urgent cases; the respective counties responsible for such cases to be required to reimburse the revolving fund for all sums expended from it.

[Senate Bill No. 974, introduced by Senator Birdsall, and the companion Assembly Bill No. 1385, introduced by Assemblyman Dower, make such provision.]

3. State Regulation of county hospital wards for advanced tuberculosis patients and State Aid for county treatment of tuberculosis patients to the extent which may be indicated by the finances of the state.

[If funds are available for this purpose Senate Bill No. 6, introduced by Senator Boynton, can be amended in accordance with the suggestion.]

4. State Farm Colonies for early and convalescent tuberculosis patients, to be provided if possible.

[Senate Bill No. 1094, introduced by Senator Boynton, and the companion Assembly Bill No. 1403, introduced by Assemblyman Farwell, provide for these measures.]

5. Existing laws related to tuberculosis to be amended if necessary so as to insure their enforcement, and official recognition of dispensaries should be provided, although at the present time it is deemed expedient that they should remain supported wholly by municipal and philanthropic appropriations.

Copies of the above bills may be obtained by writing to legislators from your home districts.

The Commission requests at this time, that all who can, write to their home Assemblymen and Senators urging support of the above measures. By so doing a big step, at comparatively a small

money outlay, will have been taken by the state. In two years more, it will then be possible to institute other measures of larger scope.

## REPORT OF SPECIAL COMMITTEE ON THE EFFECT OF ATHLETICS ON YOUNG PEOPLE.

By G. F. REINHARDT, M. D., Berkeley.

This work has been developed along two phases, one the purely physical and the other the psychological side. Dr. Powers will present a personal report on the psychological side of the work. The first difficulty we have encountered is to find a method whereby observations can be made with any degree of accuracy. In the past the observations made on the influence of exercise or excess of exercise on students has been too much colored by the personal opinion of the observer. We have practically spent the year in trying to evolve a method to eliminate the personal equation of the observer. The outcome of this work will be more fully presented in a paper that Dr. Kilgore will read. I can only say that a considerable amount of work has been done and little accomplished. It has meant the expenditure of upwards of \$300 in actual money. Contributions towards this work are difficult to obtain. A certain amount of clerical help has to be employed.

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## ORIGINAL ARTICLES

### EFFECTS OF ATHLETICS ON YOUNG PEOPLE.\*

Sub-Report of H. D'ARCY POWER on Psychological aspect of the question.

This is a resumé of a detailed paper on the subject, to be read at a general meeting of the Society, on the evening of the 15th.

In seeking an answer to the question as to how and to what extent athletics has an influence on the mind, four lines of investigation were open.

1st. A deductive statement based on known physiological and psychological data.

2nd. Laboratory investigations as to mental conditions before, during, and after training.

3rd. A statistical investigation into the records of colleges with the view of ascertaining the scholastic status of athletic teams as compared with non-athletes.

4th. A critical estimate based on the opinion of a large number of instructors reflecting their actual observation and experience.

The conclusions here presented follow all these lines, but the chief accent has been placed on the last to which special attention has been directed.

By the first method it is deduced that as the musculature constitutes more than half the body weight, and is concerned in heat production as well as motility, its mass can not be reduced beyond a certain point without involving other tissues, including the neural, in the strains incident to displaced function. That as the nervous system and the cerebral cortex in particular, are largely concerned in motor activities, and ideation may be

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\*Read before the Forty-third Annual Meeting of the Medical Society, State of California, Oakland, April, 1913.